

Objective 6: Increase proportion pregnant women with first trimester prenatal care

Maryland SHIP Vision Area 1: Healthy Babies
Tools, Resources, and Promising Practices
updated March 2012



Information, Facts, and Figures

[Pregnancy Resources for First Trimester and Beyond](#)

Online resource of educational materials regarding all aspects of pregnancy and prenatal care. *Materials are available in several different languages including: English, German, French and Italian.*



[American Congress of Obstetrics & Gynecology Patient Resources](#)

ACOG provides patient fact sheets including pictures, diagrams and wellness lists for females of all ages.



Maryland Services and Hotlines

[Get Health Care](#)

Provides users with resources to gain access to health care in Maryland.



[Maryland WIC](#)

A supplemental nutrition program for women, infants and children under 5.



[Healthy New Moms](#)

Maryland's campaign to end depression during and after pregnancy. Includes a screening tool.



Promising Practices

[Baltimore City Healthy Start](#)

This infant mortality prevention program utilizes a Life Course Perspective for improving the health and well-being of women and their families through the provision of comprehensive, supportive services offered in the communities where they live.



[Bright Beginnings](#)

This program in Prince George's County assists pregnant women in obtaining insurance, making appointments and getting to appointments as well as providing health education and family planning services.



[Centering Pregnancy/Group CARE Prenatal Project](#)

This program, based in Palm Beach, FL provides group prenatal care to minority women in a fun, supportive environment. Pregnant women complete self-assessments, cultivate empowerment skills, and build relationships with other mothers.



[Baby Basics](#)

National program makes books and other educational materials available to low-income expectant moms and provides literacy training to help women learn to read.



[School-based Health Centers](#)

School-based health care centers can provide comprehensive prenatal care services to pregnant teenagers in a familiar environment in a way that also prevents them from dropping out of school.

